

THE NEW

AND OLD

COOKERY

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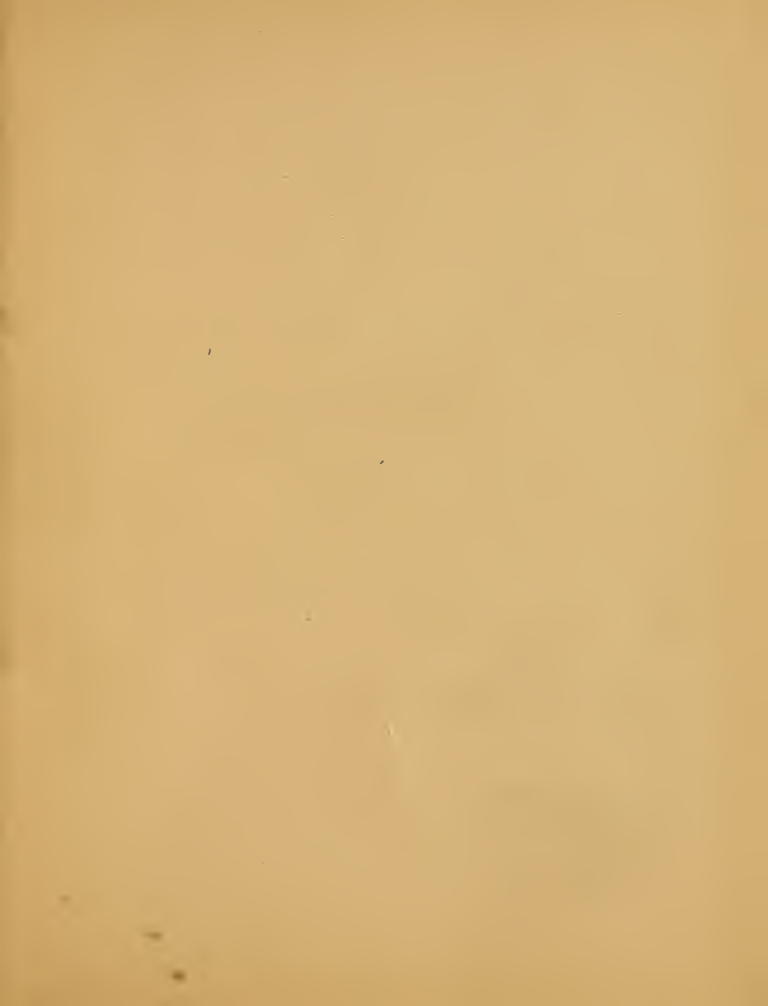
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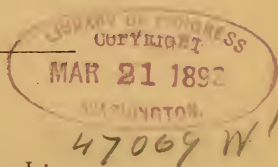
THE NEW AND THE OLD

— IN —

COOKERY.

— BY —

MRS. L. M. LUDLUM.



PATERSON, N. J.:
CRAIG, BECKMEYER & Co.,
1891

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By
MRS. L. M. LUDLUM.

PREFACE.

GOOD and sufficient food, fresh air, sunlight, exercise, temperance in all things, and a cheerful disposition, are the chief remedies in Nature's Dispensary. If good food is one of Nature's requirements for perfect health, it should be the study of every house-keeper to have all articles of food prepared in the best manner, and also daintily garnished; for often a few bits of green or flowers render a dish attractive to a capricious appetite.

Do not smile, experienced house-keeper, when you meet with the old recipes, for it must be remembered that new households are forming every day, the managers of which may be inexperienced and will need these as well. In justice to the writer never remark, as a lady was heard to say: "I made that sauce just as I was directed, but it was not good;" for, as a matter of fact, the same recipe was tried by another with success. Thus it is seen the fault is not always in the directions, but in carrying them out and it is earnestly recommended that, "If at first you don't succeed, try, try again."

L. M. LUDLUM.

Paterson, N. J.

THE NEW AND THE OLD IN COOKERY.

I. SOUP.

PIECES of meat, fruit or vegetable should be saved for the soup kettle, but do not allow the kettle to remain on the stove day after day until the mass ferments. Do not free a soup from those brown particles that gather in it from the meat. Make stock from beef alone or from chicken bones, turkey bones, a soup bone or knuckle of veal. Do not immerse the beef in water to wash it, but use a wet cloth. Place in kettle and cover with cold water. Allow it to come to a boil; then set the kettle back and only allow it to simmer, keeping it closely covered. Do not add water after it has come to a boil. Add a little water extra to allow for waste.

STOCK.

Allow one and a half lbs. of meat and bone to one quart of water. Put to boil in cold water, and when it comes to a boil let it simmer for five or six hours, or until the meat is in rags. Strain through a colander and set away to cool, when the grease can be easily removed.

TO CLARIFY SOUP.

Use the white of one egg to one quart of stock. Slightly beat the white of the egg and stir through the cold soup. Place over the fire and do not remove until the soup is transparent. Strain through a seive, then through a napkin.

CLEAR AMBER SOUP.

A clear soup should be highly seasoned. Clarify one quart of stock in which has been cooked six cloves, six pepper-corns, twenty-four all-spice, a blade of mace, one-half bay leaf, onion, carrot, celery.

If a deeper coloring is desired take a little stock and boil it down. What is left put in the soup, or take a little of the brown crust out of the dripping-pan, if you are roasting meat.

Use sprigs of parsley and long, very slender pieces of carrot for garnishing.

CONSOMME ROYALE.

Clarify one pint of chicken stock. Season with celery, salt and onion. Add chicken breast cut in bits. Add parsley and cubes of Consomme Royale Custard for garnishing.

CONSOMME ROYALE CUSTARD.

Beat lightly three eggs. Add one gill of stock, one-third teaspoonful salt, one tablespoonful of

chopped parsley. Pour into a buttered cup to bake, placing the cup in a small vessel of boiling water. Cut glass could be used to bake in, if placed in a vessel of water.

CREAM SOUPS.

These should be made of white stock, or can be made of the water in which a vegetable is boiled.

CREAM OF BEET SOUP.

Cook together one tablespoonful of butter and one of flour. Add one pint of milk. Press two boiled beets through a vegetable press and add to soup; also a little whipped cream or a beaten egg.

CELERY SOUP.

Cut celery in small pieces and boil in salted water until tender. To a pint of this stock add a pint of cream or milk. Melt a tablespoonful of butter in a little pan, add a tablespoonful of flour and let cook, then add this to the soup for thickening. Salt and white pepper.

Salsify and asparagus can be used in similar way.

CLAM SOUP.

To one dozen finely chopped clams add one quart of water and a very small onion. Melt one tablespoonful butter; cook in this one tablespoonful flour and add to the soup. Before pouring the

soup into the tureen place therein two well-beaten eggs. Milk may be added if liked.

VEGETABLE SOUP.

Add every kind of vegetable in season to beef stock with salt and pepper. This can be strained if preferred.

MUTTON SOUP.

To the water in which has been boiled a leg of mutton, add barley, rice, or noodles; salt and pepper.

BLACK BEAN SOUP.

Soak one pint of beans twelve hours; cook them until tender in two quarts of stock, to which has been added a bit of onion, three cloves, salt and pepper.

Press through a vegetable strainer. Melt one tablespoonful of butter; cook in this one tablespoonful of flour and add to soup. Cut two hard boiled eggs in quarters and one lemon in slices; place in tureen before pouring in the soup.

PUREE OF PEAS.

Cook one pint of green peas and press through a strainer; add a little less than one pint of milk. Melt one tablespoonful of butter; cook in this one tablespoonful of flour and add to soup. Let the whole cook two or three minutes, and just before serving whipped cream can be added. Salt and

white pepper. If dried peas are used, soak them over night.

MACARONI SOUP.

Into one quart of stock put two ounces of macaroni; let it simmer until tender, then cut into rings and return to stock. Add salt, pepper and a little grated cheese.

MARROW BALLS.

To three teaspoonfuls of bread crumbs add one of beef marrow; add a little white of egg, parsley, grated lemon peel, salt and pepper. Make into balls like marbles and drop into soup. When they are cooked they will rise to the surface.

OX-TAIL SOUP.

Cut one ox-tail through every other joint. Cover with five pints of cold water and simmer until the bones are free from the meat; remove the bones and add two small carrots, one onion, one turnip, salt and pepper. Thicken with flour if necessary.

VERMICELLI SOUP.

To one quart of white stock add one sliced carrot, one sliced onion and one turnip cut in dice. Boil until well cooked; add a tablespoonful of vermicelli and boil for half an hour.

BISQUE OF COD.

Use four pounds of fresh cod, meat and bone. Cut off the best parts and put to boil in sufficient

cold water to cover. Place large bones, skin and coarse pieces in another kettle to boil, covering these with cold water. When done, to one pint of fish stock add one cup of cream or milk, one tablespoonful of butter in which is cooked one tablespoonful of flour, salt and pepper. Add to this, in bits, the fish that was cooked separately.

TOMATO BISQUE.

If, after thoroughly straining one can of tomatoes, there is not quite one quart, water can be added. Melt two tablespoonfuls of butter; cook in it two tablespoonfuls of corn starch; add this to soup; also, one pint of milk, salt and pepper. Before adding milk put in a pinch of soda.

MUSHROOM FORCE MEAT BALLS.

Peel mushrooms and fry in butter; when cold, mince them and add an equal quantity of bread crumbs, salt, yolk of one egg, and sufficient milk to make of right consistency; make into small balls and poach for soup, or fry in boiling fat and serve for a garnish.

CROUTONS.

Butter slices of bread; cut into small squares and brown in oven.

BEEF TEA.

On each side of a piece of round steak make as many exposed surfaces as possible, by cutting into

small squares, but not all the way through. Place in sauce pan over the fire in cold water to cover. In twenty minutes the nutriment will be extracted.

ANOTHER WAY TO MAKE BEEF TEA.

Prepare the beef as directed above; cover with cold water and let it soak three hours. Then remove the meat, squeezing out the juice, which is heated but not allowed to boil.

II. FISH.

TO COOK HALIBUT, COD OR SALMON.

Remove skin and cut in pieces for serving; season with salt and pepper; dip in egg and bread crumbs and fry in hot fat.

Make a codfish steak round by fastening the ends with skewers; dip in beaten egg, then in bread crumbs and cook in saute pan.

Dip oysters in egg, then in bread crumbs and fry.

Serve Sauce Tartare with fish, in cups made from lettuce leaves.

With fried fish serve some salad that is piquant; such as, tomato, cress, cucumber, cauliflower, green bean, or asparagus.

SHAD ROES.

Parboil in a covered utensil; then flour and cook in a saute pan until done through. As they vary in size no time can be given.

STEWED MUSSELS.

Wash thoroughly; place in a kettle with one-half cup of water or less, just enough to make steam which will open the shells. Pick out the mussels, saving the liquor, and pick out from each a hairy appendage found at the root of the member shaped like a tongue. To the mussels add the liquor left in the kettle, a pinch of mace, salt if necessary, and butter rolled in flour to thicken. Let it stew for a few minutes.

FISH AU COURT BOUILLON.

Chop a carrot, onion, stalk of celery; fry in one tablespoonful of butter; add parsley, three cloves, one-half dozen peppercorns, three pints of boiling water, one scant half pint of vinegar (or more, if liked very sour). Let boil twenty minutes; add salt. Tie up fish (a blue fish is good) in a napkin and simmer until done. Serve Hollandaise sauce with the fish.

Or,

A similar quantity of Bouillon can be taken, and into it, without first wrapping in napkin, put a small

fish, or a large one cut in pieces; cook until done and serve as stewed fish.

III. SAUCES.

CREAM SAUCE.

USE one-half as much butter as flour; allow the butter to melt, then add the flour. Let it cook but do not let it brown, then add cream or milk to thin it.

EGG SAUCE.

Add chopped, hard boiled eggs to cream sauce, then add salt and white pepper.

HOLLANDAISE SAUCE (1).

A boiling cream sauce poured into one or two well-beaten eggs, seasoned with lemon juice and salt.

HOLLANDAISE SAUCE (2).

One-half cup of butter, one and one-half tablespoonfuls of lemon juice, one-half teaspoonful of salt, one-tenth teaspoonful of cayenne, and the yolks of four eggs. Heat a bowl slightly; put in butter; cream it and add eggs, one at a time, then the other ingredients; finally, add one-half cup of boiling water.

Served with boiled fish, asparagus, or cauliflower.

BROWN SAUCE.

Use one-half as much butter as flour; let the butter brown, add flour, and when sufficiently cooked, thin with stock or water. Flavor with something piquant.

MUSHROOM SAUCE.

Add mushrooms to Brown Sauce.

TOMATO SAUCE.

Add strained tomatoes to Brown Sauce. Or cook together one-half pint of tomatoes, two cloves, six allspice, one bay leaf, one tablespoonful of corn starch, and strain.

TARTARE SAUCE.

Add capres, chopped pickles or chopped olives, to an oil mayonaise.

TARTAR SAUCE.

For Baked Heart or Fish.

Two tablespoonfuls of browned butter, one and one-half tablespoonfuls of Worcestershire sauce, and one tablespoonful of lemon juice.

MAITRE D'HOTEL SAUCE.

For boiled Lobster, steak or Fish.

One tablespoonful of butter, one tablespoonful of lemon juice, one tablespoonful of parsley. Cream the butter, add the lemon juice, then the chopped parsley.

MUSTARD SAUCE.

Two teaspoonfuls of dry mustard, one teaspoonful of butter, one teaspoonful of salt, one teaspoonful of sugar, one teaspoonful of flour, two tablespoonfuls of vinegar, or less of lemon juice.

Mix thoroughly; add one-half cup of boiling water and stir over the fire until it thickens, like a custard.

CAPRE SAUCE.

Add capres to a rich cream sauce. Salt.

CRANBERRY SAUCE.

Put one quart of cranberries into a sauce pan with a cup of water; stir, and when thoroughly cooked, strain or not, as desired, and add sugar to sweeten abundantly.

BREAD SAUCE, FOR PARTRIDGE.

Simmer a small onion in a half pint of milk until tender. Cut off the crusts from a slice of bread and break it in the milk. After the bread is soaked beat it smooth with a fork; add ground mace, cayenne, salt and one tablespoonful of butter. The onion should be removed before adding the bread.

LIQUID SAUCE (WINE) FOR PUDDINGS.

One cup of sugar, one egg, one teaspoonful of corn starch, one tablespoonful of butter; add boiling water, and let it come to a boil. The egg may

be omitted. Flavor to suit taste. Salt.

HARD SAUCE FOR PUDDINGS.

One cup of sugar and one-half cup of butter beaten to a cream.

Wine is preferable for both soft and hard sauce, as a flavoring.

ORANGE SAUCE.

One teaspoonful of butter, one tablespoonful of sugar, and one teaspoonful of corn starch. Salt.

Melt butter; cook the corn starch in it; add boiling water, or orange juice, salt, sugar, and grated rind of orange.

IV. SALAD DRESSINGS.

FRENCH DRESSING.

THREE tablespoonfuls of oil to one tablespoonful of vinegar. Salt.

OIL MAYONAISE.

One egg yolk, oil, and a tablespoonful of lemon juice. Beat the yolk to separate; add oil a few drops at a time, beating continuously. The longer it is beaten the thicker it gets. Thin with lemon juice. Add oil till the right quantity is obtained. Everything must be cold.

SALAD DRESSING STOCK.

One tablespoonful of vinegar, one egg yolk, one

teaspoonful of butter or a piece the size of an egg yolk. Allow the vinegar to come just to a boil; thoroughly beat the egg and pour into the vinegar off the fire; stir over the fire till it thickens; add the butter while still hot. It can be kept for an indefinite time. In this state it is called Salad Dressing Stock.

CREAM MAYONAISE.

Thin Salad Dressing Stock with cream.

A dressing should be added to a salad just before serving.

V. SALADS.

POTATO SALAD.

USE Salad Dressing Stock very thin, and season with salt, pepper and onion.

TOMATO SALAD.

Pare the tomatoes; remove the centre, thus forming a cup; fill with pieces of celery and a cream mayonnaise seasoned with salt, pepper and a dust of sugar; set each cup in a leaf of lettuce, or in cress.

LETTUCE SALAD.

Cut an onion in halves; with one half wipe out the salad bowl, pressing the onion to cause juice to exude. Put the lettuce in the bowl; pour over oil;

gently manipulate, then pour over vinegar. Add a little salt. Dress this salad just before serving.

CABBAGE SALAD.

Add sugar, salt and pepper to Salad Dressing Stock, thinned with a little cream.

RUSSIAN SALAD.

All vegetables for this should be cooked, but not until tender, drained and dried on a napkin. To one cup of whole string beans use one-half cup of parsnip and carrot cut in pretty shapes, one-half cup of shredded lettuce, a little sliced beet and a little cold boiled potato. Over this pour a French Dressing.

DEVONSHIRE SALAD.

Add white pepper, sugar, salt, a very little mustard to two tablespoonfuls of Salad Dressing Stock, thinned with one tablespoonful of cream. Arrange curds, or pot cheese, on a bed of cress or lettuce and place the dressing in the centre.

STRAWBERRY SALAD.

Arrange the berries on a bed of lettuce; touch lightly with powdered sugar; place the dressing in the centre. Use same dressing as for Devonshire Salad.

ORANGE SALAD.

Served with Roasted Duck, Goose or Venison.

Six sour oranges, two tablespoonfuls of Sherry,

one tablespoonful of maraschino. Pare the fruit and slice down, instead of around; pour the wine over and let stand two hours.

SWEET-BREAD AND CUCUMBER SALAD.

Parboil and blanch the sweet-bread; break in pieces; slice the cucumber, and pour over these a French Dressing, seasoned with pepper and salt.

SHRIMP SALAD.

Wash shrimps and lay in vinegar two hours, then pour over an oil mayonaise to which has been added mustard, salt, cayenne and sugar.

CHICKEN SALAD.

To one-third chopped celery and two-thirds chicken, add three tablespoonfuls whipped cream and Salad Dressing Stock to moisten.

Mix dry three teaspoonfuls of salt, one teaspoonful mustard, one-fourth teaspoonful pepper and add to the salad until seasoned sufficiently. Water cress can be used instead of celery.

OYSTER SALAD.

Boil one-half pint oysters in their own liquor until the edges curl. Make a sauce of two well-beaten eggs, one-quarter cup of cream, one-quarter cup vinegar. Beat well after adding cream and again after adding vinegar. Place over the fire and cook till like a mayonaise dressing. While warm

add one tablespoonful of butter, a little salt, pepper, mustard, and celery salt, if liked. Pour over the oysters and set away to get thoroughly cold.

LOBSTER SALAD.

Three teaspoonfuls salt, one-quarter teaspoonful cayenne pepper, and one teaspoonful mustard.

Mix the above and keep dry for seasoning salads. Add some of this seasoning with a little sugar to an Oil Mayonaise and mix thoroughly with the lobster.

A DELICIOUS SALAD

Can be made of vegetables left from a dinner. Like this: stewed carrots, green peas and potato (not mashed potato). Do not use as much of carrot as of other vegetables. The carrots should be cut in dice and the potato sliced. Season with salt, pepper, finely minced onion and a very little syrup from pickled peaches. Then add a French Dressing. This salad should be heated just before serving. Arrange leaves of lettuce on a flat dish and place the heated salad in the centre.

CHEESE SALAD.

One cup of cooked veal chopped, one tablespoonful of cooked tongue chopped, one and one-half cups of Parmesan cheese.

Marinate the veal and tongue by pouring over it a French Dressing (one tablespoonful of oil and

one of vinegar) and letting stand several hours. Then add cheese and an Oil Mayonaise to moisten the whole.

Wild Roses, Buttercups, Daisies or Nasturtium blossoms are pretty for garnishing salad dishes.

The hard boiled white or yolk of an egg when pressed through a vegetable strainer, makes a pretty garnish for any dish. The egg is prettier over something green.

VI. ENTREES, LUNCHEON OR TEA DISHES.

CHICKEN CROQUETTES.

TWO tablespoonfuls of butter, four tablespoonfuls of flour, one pint of cream, or white stock, one-half teaspoonful of salt, one-half saltspoonful of cayenne, one-half teaspoonful of celery salt, one tablespoonful of grated onion.

Melt the butter, add flour and let cook; add cream and other ingredients. The croquettes can be made wholly of chicken, or a combination of chicken, veal, oysters, sweet bread and crab.

The meat is chopped, then thoroughly combine all the ingredients. Make into shape about two and one-half inches long, round and flat at each end. Roll, first in sifted bread crumbs, then in beaten egg; again, in bread crumbs and

fry in boiling fat. The first rolling in bread crumbs may be omitted.

Serve with Tomato Sauce.

DEVILED LOBSTER.

Mix to a paste boiled lobster; season with mustard, cayenne and sugar; put into scallop shells and dust bread crumbs over the top; brown in the oven.

ESCALLOPED CLAMS.

Drain and chop the clams; mix with a cream sauce; put into scallop shells, or into one dish; sift bread crumbs over and brown in oven.

Proceed in same manner with any cold fish or meat.

CASSEROLE OF MEAT.

One cup of rice, not washed, boiled in hot water ten minutes; butter a bowl thickly and line with the rice. One-half pound of any or several kinds of cold meat chopped fine, one egg, two tablespoonfuls of cracker crumbs, one tablespoonful of chopped onion, one teaspoonful of Worcestershire Sauce, salt, pepper and all moistened with stock or milk.

Steam three quarters of an hour and serve with Tomato Sauce.

CODFISH BALLS, WITH MUSTARD SAUCE.

Pick in pieces one half pint uncooked salt boneless cod, removing any bones there may be. Have pared and cut in pieces, about the size of half an

egg, one pint of potatoes. Place the potatoes in the kettle first, then the fish; cover with boiling water and let boil until the potatoes are tender. Drain off the water and mash. Add one teaspoonful butter and one egg; drop from spoon into boiling fat and let brown. Do not form into balls but leave each spoonful as rough as it may be. Serve on a bed of water cress or on a napkin.

BREADED CHOPS.

Wrap the loose end around the chop and fasten with a skewer; season with salt and pepper; cover with bread crumbs, beaten egg, then in bread crumbs again, and immerse in boiling fat. The fat may be some cooler for chops than for croquettes. Eight or ten minutes to cook.

Serve with Lyonnaise Potatoes.

BROWN SAUCE TO SERVE WITH BREADED CHOPS.

Make a Brown Sauce as has been described and add two tablespoonfuls capres, chopped pickles and parsley mixed. Sufficient Worcestershire Sauce to flavor.

MUTTON CHOPS A LA MAINTENON.

Each chop is cut thick and has the larger end split open. For a stuffing to put in this incision take: four tablespoonfuls of chopped mushrooms, one tablespoonful chopped onion, one tablespoonful butter, one tablespoonful flour, three

tablespoonfuls of stock, one teaspoonful salt and one-fifth teaspoonful of pepper. Prepare this by melting the butter and browning the flour in it, then add stock and other ingredients. After this has cooked, add one-quarter teaspoonful Worcestershire Sauce and one tablespoonful chopped parsley and set away to cool. Then put one teaspoonful into each chop and broil. Serve with Maitre d' Hotel Potatoes.

VOL-AU-VENT OF CHICKEN.

Cut out of puff paste or out of pie crust an oval shaped piece; mark a smaller oval in the center of this to remove after baking. Have cold chopped chicken, veal or sweet-bread or all of these heated in a well seasoned cream sauce; fill the Vol-au-vent after it is baked and the center removed, with this mixture, when the cap or the piece removed can be replaced. Can use tea biscuit dough in the same way.

BREAD PATTIES.

Prepare circles of bread for patties by cutting out with a cake cutter; then with a smaller cutter make an incision half through the slice and pick out the bread inside this incision forming a pocket, into which put the filling after toasting or frying the bread.

For the filling, melt one tablespoonful of butter;

cook in this one tablespoonful flour; thin with milk or white stock. Heat cold chopped veal, chicken or lamb in this sauce; add two tablespoonfuls chopped mushrooms and a little Worcestershire Sauce.

CREAM TOAST.

Cut the bread in any shape best liked and toast. Melt one tablespoonful of butter, stir in it one tablespoonful flour; then add nearly one pint of milk and cream, saltspoonful curry powder and pour over the toast.

Heat cooked chicken, or hard boiled eggs sliced, in the sauce just described.

JELLIED VEAL OR CHICKEN.

Wet a plain mould, a small bread tin can be used; lay around it neatly, slices of lemon, orange and hard boiled egg.

Then seasoning the meat with salt and pepper, fill the mould with meat, egg, lemon and orange. Have the broth in which the meat was cooked reduced by boiling down, to a quantity that will cover the meat. Season this broth and add it to the gelatine which has been previously soaked in cold water and pour over the meat; cover with a tin lid and bake in a moderate oven three-quarters of an hour.

Slice when cold.

The quantities are: one lemon or orange, three eggs, meat from one chicken or the same quantity of veal, one-half ounce gelatine.

BONED CHICKEN.

Have a chicken one year old, because the skin is firmer. Open on the back and dress. Then remove bones, scraping with a dull knife and cutting with a sharp knife. Remove the bones from the legs by cutting off about one inch of the leg, then from the inside scrape and pull out the bone. Cut off the tip of the wing, and from the inside remove the bone, except the second joint which is left to retain the shape. Having the chicken boned, first lay in the pieces of breast, using salt and pepper plentifully. Then put in two whole hard boiled eggs, six allspice, bits of tongue, one half dozen mushrooms, enough cold, chopped chicken or veal to fill all vacancies, and two tablespoonfuls Aspic jelly. Do not fill full but leave room for expansion when boiling. Sew it up; tie in a napkin; place in the kettle with a saucer underneath the chicken to prevent burning; cover with soup stock and cook until tender, two or three hours. Slice cold.

LAMB TONGUE IN ASPIC JELLY.

To make soup stock darker in color put a piece of beef prepared as for beef tea into a warm frying pan, and cover. Juice will exude from the meat,

then remove the meat and let the juice dry on the pan, when you can add a little water; then put this colored water into the stock. Now take one pint of highly seasoned soup stock (season as in Amber Soup) clarified and strained; heat to boiling and pour into gelatine (one-third of a box) which has been previously soaked in cold water.

Wet a mould; cut in fancy shapes slices of hard boiled egg, bits of ham, slices of cold tongue or a whole tongue and pour over the whole the dissolved gelatine in the stock.

BROWNED SWEET-BREADS.

Boil and put in cold water to make whiter and firmer. Dip in beaten egg and bread crumbs and cook in hot fat. Season with salt and pepper first.

BAKED CALF'S HEART, WITH TARTAR SAUCE.

Stuff with seasoned bread crumbs; cover the opening with buttered paper: tie up and secure the string with a skewer. Bake twenty minutes and serve with Tartar Sauce.

DEVILED EGGS.

Boil the eggs twenty minutes; cut in two; remove yolks and cut off the tip at each end of the egg to make it stand without toppling. Mix to a paste the yolks, melted butter and oil, and season with salt, pepper, vinegar and *German* mustard to taste, then refill the pieces of white, and set each

half in a leaf of lettuce.

BAKED SWEET-BREAD.

Lard the sweet bread; place in boiling salted water and boil from ten minutes to one and one-half hours. Blanch, by placing in ice water. Then bake.

Heart sweet-breads are preferred to throat.

OMELET.

Beat six eggs thoroughly, yolks and whites separately; add one cup of milk, and pepper and salt. Put a piece of butter in the frying pan and when very hot pour in the mixture. Cover and do not stir. Should cook in ten minutes.

LOBSTER CROQUETTES.

Mix with boiled lobster, salt, pepper and one-quarter as much bread crumbs as you have lobster. Make into shape; dip in egg (beaten) and bread crumbs and cook in boiling fat.

CLAM FRITTERS.

Cut up the clams; add a very little juice, one tablespoonful milk, flour to hold the clams together, one egg and sprinkle over this a pinch of dry soda.

TURKEY SCALLOP.

Chop cold roast turkey or chicken, or both, or veal. Put in a pudding dish a layer of bread

crumbs moistened with milk, then a layer of turkey, salt, pepper, and bits of butter if there is no gravy; then a layer of crumbs and another of turkey until all is used. The last layer is crumbs moistened with milk, with bits of butter. Place in the oven covered until cooked through, then remove the cover to brown.

SALMON CROQUETTES.

Mix with canned salmon one-quarter as much bread crumbs and mashed potato as salmon. Make into shape: dip in beaten egg and bread crumbs and fry in boiling fat.

BEEF KIDNEY HASH.

Cut the kidney in pieces removing all fat: put in cold water with one teaspoonful salt and soak over night, then put into a kettle with one quart of cold water and a small onion; boil it until tender, changing the water once during the boiling.

After the kidney is cooked, chop, but not too fine; put into a kettle; add some of the liquor in which the kidney was boiled, salt, pepper, a little butter, curry and sprinkle over a little dry flour to make it of a creamy consistency. The hash should not be watery and yet not too thick.

MACARONI CROQUETTES.

Put the macaroni into boiling salted water and cook until tender; drain off the water; chop; add

a rich Cream Sauce to make of a consistency to handle and add grated cheese. Make into shape; dip in beaten egg, then in bread crumbs and fry in boiling fat. Macaroni left from a dinner can be used.

Meat croquettes can be made of any or a combination of all kinds of meat: roast meat of any kind, chops, steak, sausage, ham and tongue. The greater the variety the better. Season with salt, pepper and onion; gravy, cream or milk can be added to moisten, and mashed or chopped potato. Make into any desired shape; dip in egg, then in bread crumbs and fry in boiling fat. Of course, the meat must be chopped fine, for which a meat cutter is most expeditious and satisfactory.

POTATO CROQUETTES.

Press the boiled potatoes through a vegetable strainer, for this is said to prevent the croquette from breaking open while cooking. Add one tablespoonful butter, salt, yolk of one egg, and one tablespoonful chopped parsley. Dip in beaten egg then in bread crumbs and fry in boiling fat.

The white of an egg alone can be used to dip the croquettes in. One tablespoonful of water can be added to one egg.

RICE CROQUETTES.

Boil one-half cup rice in one pint milk or water,

milk is preferred because richer. When the rice is tender add one tablespoonful of butter, salt and yolk of one egg; dip in egg then in bread crumbs and fry in boiling fat. For economy always use the white for the outside when the yolk is used in the croquettes.

LYONAISE POTATOES.

Cook one tablespoonful sliced onion in hot butter until brown, then slice cold boiled potatoes in this and let brown. Just before serving, add one tablespoonful chopped parsley.

JULIENNE POTATOES.

Cut raw potatoes in slices with a fluted knife and fry in boiling fat.

GERMAN POTATO STEW.

Pare and cut in large dice, six potatoes; cook in white soup stock or in water; add salt, pepper, two cloves, laurel leaf, onion and parsley. When cooked, drain and pour over them a Cream Sauce to which has been added an egg yolk.

MAITRE D' HOTEL POTATOES.

Cut raw potatoes in fancy shapes; cook in boiling, salted water until tender; drain and pour over them Maitre d'Hotel Sauce.

POTATO SOUFFLE.

Served with Chops a la Maintenon.

Bake any number of medium sized potatoes; cut

in halves lengthwise; remove the potato and mix with it one tablespoonful butter, one tablespoonful milk, whites of two eggs beaten, salt and pepper. Refill the potato shells and place in the oven to brown.

When eggs are poached put a little lemon juice or vinegar in the water to make the white firm.

TO BROIL STEAK.

Heat the broiler and grease it. Put the steak in the broiler and hold it close to the flame until brown on one side; turn and brown on the other side. Then turn every ten seconds. Eight minutes will cook it rare. Do not allow the butcher to cut the bone in the steak.

HAMBURG STEAK.

This can be made from tough ends of steak. Chop fine one pound of beef and one short slice salt bacon. Add one tablespoonful onion juice. Make into flat cakes and roll in flour. Have ready some hot fat, lard and butter, and thoroughly brown these cakes on each side. Then cover skillet with a lid and cook gently until the meat is tender. For the sauce, remove the meat and pour off some fat if there is too much and add one-half cup hot water, one-half cup tomatoes, pepper, salt, clove if liked, and Worcestershire Sauce. If too thin add a little flour.

ESCALLOPED SALMON.

Mix with the salmon a Cream Sauce; put into baking shells or in one dish, season with salt, cayenne pepper; dust over bread crumbs and brown in the oven.

GOOLOASH.

Put into a kettle one tablespoonful butter; in this when hot cook a small onion (sliced) until brown; add one pound of uncooked beef cut in small squares and well floured; one-half pint boiling water and more if too thick when cooked. Add sliced carrot, parsley, salt, pepper and an allspice about one hour before serving. Should cook very slowly and long. Two hours or more.

CLAM CHOWDER.

Six small squares of salt pork, fifteen clams, three large potatoes, one large onion, one large tomato, one carrot, parsley, pepper, one and one-half cups of milk.

Fry out the pork and add one and one-half pints water, the finely chopped vegetables, and an hour before serving add herbs, if liked, and pepper. Separate the clams chopping the hard part and add the soft part whole about twenty minutes before serving. Put the heated milk in the tureen.

STEWED RABBIT.

Put in a kettle two tablespoonfuls butter; when

very hot, slice into it one *small* onion; when brown, add the rabbit cut in pieces and well floured. Brown each piece as much as possible then add one pint of boiling water. When nearly done add a small carrot sliced, parsley, laurel leaf, salt, pepper and two allspice, and let simmer until thoroughly cooked.

The rabbit should be soaked in salted cold water two or three hours.

BOSTON BAKED BEANS.

Soak one quart of white beans over night. In the morning, put them in a bean jar, having washed them, with one-half pound salt bacon, two tablespoonfuls of molasses, or more if liked sweeter, and cover with boiling water. Cover and place in a moderate oven all day and all night. More water is added as it cooks away and salt is added if the bacon does not make the beans salt enough. They can be eaten after baking all day, but leaving in the oven all night adds to the brown color. Do not stir them. Have sufficient water to have the beans moist but not swimming.

STEWED LAMB CHOPS, WITH PEAS.

Remove the skin from the chops; place in sauce pan, cover with boiling water, add onion, salt, and pepper. Simmer until tender. Remove and put peas in gravy ten minutes. Place the chops in

center of the dish and the peas around the meat. The gravy should be reduced one-half.

RAGOUT OF MUTTON OR VEAL.

Cut in small pieces all remnants of cold roast veal or lamb; add hot water to cover, one handful of spaghetti, tablespoonful rice, half can tomatoes, salt and pepper, a laurel leaf and two allspice. Let simmer one hour.

ESCALLOPED OYSTERS.

Put a layer of bread crumbs in a baking dish, then a layer of oysters, more bread crumbs then more oysters, continuing until the dish is full. Melt one tablespoonful butter; cook in it one tablespoonful flour; thin with one tea cup of milk or cream. Let cook until this mixture thickens, then pour over the oysters; add pepper and a layer of bread crumbs. Place in the oven fifteen minutes or until brown and cooked through.

CREAMED OYSTERS.

Allow one pint of oysters to boil in their own liquor until the edges curl; remove from this liquor and place in a dish. Melt one tablespoonful butter; cook in it one tablespoonful flour; thin with milk or cream, not quite a cupful, making of the consistency of cream. Add pepper, one quarter teaspoonful mustard, one tablespoonful chopped

parsley, pour this over the oysters and stir through them.

VII. BREAD.

WHEAT BREAD.

USE one-half pint milk and one-half pint boiling water. To this add sufficient flour to make a thin batter; then add one cake compressed yeast dissolved in a little water; one teaspoonful salt and add flour until the dough cannot be stirred, using a wooden spoon. Turn out on molding board and knead ten or fifteen minutes or until air bubbles are seen on the surface. Butter the inside of a bowl and place the dough into it, buttering over the top of the dough, and, covering with a tin lid or a napkin, place to rise in a temperature of 75 to 80 degrees for three hours. Make into loaves and set to rise one hour, and bake in a temperature of 375 degrees. The oven should be very hot at first making the crust form in ten or fifteen minutes.

The same dough can be made into any shape desired, into a loaf, rolls, or into a braid by cutting a piece of dough in three pieces and rolling into strips between the hands and the board, then braiding these strips. The dough can be made into buns by putting small pieces to rise in muffin

rings, and before putting in the oven cut a cross in the top of each.

ENTIRE WHEAT BREAD.

Proceed in same manner as with wheat bread, but with entire wheat flour in place of white flour.

TEA BISCUIT.

One quart sifted flour, two teaspoonfuls baking powder, two tablespoonfuls butter or lard, one glass of milk, and salt. Stir the powder and salt through the flour, reserving a portion to use after the dough is turned out on a moulding board, and use no more than the quart. Mix the butter through the flour; add milk; roll out; cut round and bake in a very hot oven.

COFFEE ROLLS.

Melt one-quarter cup of butter in one cup scalding milk. To this add one tablespoonful sugar, scant teaspoonful salt, one quarter cake of compressed yeast dissolved in one cup cold water, four cups flour, the beaten white of one egg. Let rise over night; take off pieces of dough and roll in strips the size of your finger and about six inches long. Let rise one-half hour and bake twenty-five minutes.

CORN BREAD.

One teacup of corn meal, one teacup of flour,

one teaspoonful baking powder, one teaspoonful salt, one egg, one pint sweet milk and one tablespoonful of melted butter.

BOSTON BROWN BREAD.

Two cups graham flour, two cups corn meal, one scant cup molasses, three cups sour milk, three teaspoonfuls soda and two teaspoonfuls salt.

Mix and put into a buttered mould or tin pail and steam four hours.

Serve with fish dinner.

A towel over the steamer under the cover absorbs the moisture and the top of pudding will be dry.

GRAHAM CAKES.

Two cups brown flour, one cup white flour, three cups sour milk, one teaspoonful soda dissolved in hot water, one teaspoonful salt, one tablespoonful lard and one or two eggs. If sweet milk is used in place of sour milk, use two teaspoonfuls Royal Baking Powder in place of soda.

WHIGS.

One pint of milk, one-quarter pound butter, one-quarter pound sugar, three eggs, salt, one pound flour, one-quarter cake of yeast.

Let rise over night. Can bake this in patty-pans

and eat while hot, or can add two pounds flour instead of one; let rise over night, then make into the form of biscuit; let rise again and bake. When made into biscuit shape, can be eaten hot or cold.

MUFFINS.

One egg, one cup of milk, two cups of flour (scant), one teaspoonful baking powder, one teaspoonful sugar, and salt.

RICE CAKES.

Two cups cold boiled rice, two cups milk, one egg, two teaspoonfuls sugar, one teaspoonful baking powder and one and one-half cups of flour. Bake on a griddle.

SOUR MILK MUFFINS.

One pint of thick sour milk, one pint sweet milk. Salt, flour to make it stiff enough to dip with a spoon and two even teaspoonfuls soda. To be baked on the griddle immediately.

GREEN CORN CAKES.

Grate the corn from one-half dozen ears, or cut it off and put through a meat cutter, which is the quicker way. To this quantity of corn, add two eggs, salt, two tablespoonfuls milk and one-half cup flour. This quantity will make twenty-five cakes.

Bake on a griddle.

VIII. CAKE.

PORCUPINE CAKE.

ONE cup sugar, one half cup butter and lard mixed, one cup cold water, two cups flour, through which has been stirred one and one-half teaspoonfuls Royal Baking Powder, and one well beaten egg.

Just before serving pour the following cream over it, after having stuck one cup of soft almonds over the top of the cake:

Cream for Cake.

One pint of milk heated to boiling; add one-half cup sugar mixed with one tablespoonful corn starch, one egg, salt and flavoring.

SPONGE CAKE. (1)

Two cups of sugar, three-fourths cup hot water, one and three-fourths cups flour, one teaspoonful Royal Baking Powder, three eggs and flavoring. Beat yolks of eggs and sugar thoroughly; add the water gradually; then add the flour which has been sifted with the baking powder. Stir in lightly at the last, the well beaten whites of the eggs and bake in a hot oven.

SPONGE CAKE. (2)

One pound sugar, one-half pound flour, ten eggs, grated rind and juice of one lemon.

Beat the whites of the eggs until they will stand, then add sugar. Beat the yolks *very* thoroughly and add lemon. Combine the two, then add flour, stirring only enough to mix the flour. Two persons are required to make this cake successfully, one to beat the whites and the other the yolks.

CRULLERS.

One and one-half cups sugar, one-half cup butter, one cup sweet milk, three eggs, one small nutmeg, one and one-half teaspoonfuls Royal Baking Powder, sufficient flour to roll out soft. Do not add all the flour at once; keep adding as some dough is taken to roll out. Two pounds of lard are required to cook them.

CHOCOLATE CAKE, WITH CARAMEL FILLING.

One and one-half cups of sugar, one half cup butter and lard mixed, one-half cup cold water, two cups of flour, two eggs, one teaspoonful (not heaping) of soda, cut up one-half cake of Baker's Chocolate in one-half cup of milk and let dissolve; cook in it one-half teaspoonful corn starch; then add while it is hot to the cake dough, thoroughly mixing it. Flavor with vanilla and bake in two layers.

Caramel Filling.

Put over the fire in a granite vessel two cups of sugar and two-thirds of a cup of milk. After it commences to cook, let simmer ten minutes without stirring. After taken from the fire, stir as it thickens; flavor and put between the cakes and on the top.

CHOCOLATE LAYER CAKE.

One cup powdered sugar, one-half cup butter, one-half cup milk, one and one-half cups flour (Hecker's prepared flour), three eggs, flavoring.

To prepare the chocolate: Cut up one and one-half ounces of unsweetened chocolate in a little milk, (perhaps one-quarter cup of milk); add seven teaspoonfuls sugar and one teaspoonful corn-starch; place over the fire and let the chocolate dissolve then cook until the mixture thickens.

CREAM CAKE.

One cup sugar, one-half cup butter, one-half cup water, two cups flour, through which is stirred one teaspoonful Royal Baking Powder. Bake in three layers.

Cream for Cake.

One-half pint milk, heated to boiling. Mix together one-quarter cup sugar, one tablespoonful corn starch and one egg; add this to the boiling milk and let cook a few minutes. Make the cream

before the cake, then the cake can be spread as soon as baked.

APPLE FILLING FOR CAKE.

Four large apples grated. Juice of two lemons and grated rind of one. Two cups of sugar.

ORANGE FILLING.

Grated rind, juice and some pulp of two oranges, grated rind and juice of one lemon, one cup water, one small teaspoonful corn starch. Cook until this mixture thickens.

MOLLASSES CAKE.

One cup of molasses, two tablespoonfuls butter or drippings, one-half cup water, one teaspoonful cinnamon, one-half teaspoonful cloves, two cups of flour, or less, as one flour will thicken more than another.

A chocolate cake can be made of this by stirring through the dough two ounces of Baker's chocolate grated.

GINGER SNAPS.

One cup molasses, one cup sugar, one cup butter and lard mixed, two even tablespoonfuls ginger, two tablespoonfuls vinegar, four tablespoonfuls hot water, two even tablespoonfuls soda, salt, sufficient flour to roll out soft. Bake in a quick oven.

FRUIT CAKE.

Three pounds sugar, three pounds butter, twen-

ty-four eggs, three pounds of flour, four and one-half pounds of currants, six pounds raisins, one ounce each of mace, cinnamon and nutmeg, one-quarter ounce cloves, two tablespoonfuls of ginger, two gills of wine, and one and one-half pounds of citron.

Should bake slowly.

COCOANUT JUMBLES.

One-half pound butter, one pound sugar; five eggs, one-half pound flour, one *large* or two small grated cocoanuts.

Line a baking pan with oiled paper, drop this mixture on it and bake.

SUGAR JUMBLES.

One-half pound butter, one-half pound sugar, two eggs, one-quarter teaspoonful or less of baking soda and flour.

Do not roll out, but take off pieces of dough; pat them out into oblong shape; sprinkle crushed sugar over the top and bake.

WHITE FRUIT CAKE.

One teacup butter, one coffeecup sugar, one coffeecup flour, four eggs, one pound raisins, one pound currants and one quarter pound citron.

SNOW BALLS.

Six eggs, a quantity of sugar equal to the weight of the eggs; a quantity of flour equal to one-half

the weight of the eggs; leave out two yolks; one teaspoonful baking powder, add grated rind and juice of one lemon; bake in small cups; cover over all sides except the top with a thin icing and sprinkle over grated cocoanut.

NUT CAKE.

One cup of butter, two cups sugar, three cups flour, one-half cup milk, four eggs, one teaspoonful baking powder and one pint hickory nut meats.

Cream the butter and sugar, add milk, flour, through which is stirred the baking powder, and add lastly the well beaten eggs. The nut meats are chopped before adding.

IX. DESSERT.

ORANGE ICE.

COOK together one-half pint of sugar and one pint of water; add the juice of six oranges, the grated rind of two, the juice of two lemons, and freeze in an ice cream freezer. If not convenient to use a freezer simply pack the vessel holding the liquid in another vessel with salt and ice, placing a paper over the whole.

If the ice is desired very light, add the beaten whites of two eggs. If desired firm, add one table-

spoonful gelatine to one quart liquid; if granular do not cook the syrup.

TO MAKE ORANGE OR LEMON ZEST.

Rub loaf sugar into the rind of orange or lemon, and it will absorb the oil from the rind. This sugar can then be used for flavoring.

CHEESE AU GRATIN.

Beat the whites and yolks of four eggs separately. Beat the whites on a large platter with something that takes up the whole of the egg at once; pour the milk (two tablespoonfuls) into the yolks and add to the whites, then add one-half cup of grated cheese, salt and cayenne. Bake carefully, not moving the pan.

COFFEE MOUSSE.

One-third box gelatine, one pint of made coffee, two tablespoonfuls sugar or more and one teaspoonful vanilla. Dissolve the gelatine in cold water; pour the hot coffee over it; as it cools, beat with an egg beater; add sugar. When so stiff it cannot be beaten put in a mould; pack in salt and ice; let remain packed six hours or it can be put in a freezer.

Serve with whipped cream.

STRAWBERRY MOUSSE.

For Strawberry Mousse, or Raspberry Mousse, use the juice of the fruit instead of coffee.

PINEAPPLE SHERBET.

One pint juice of pineapple, one tablespoonful sweet wine, one tablespoonful orange juice, one teaspoonful lemon juice and sugar to make sweet. Shaved ice is added.

BAVARIAN CREAM.

Take a little less than one pint of syrup of canned pineapple, one teaspoonful lemon juice, and when this comes to a boil, pour it over one-quarter of a box of gelatine, which has been previously dissolved in cold water. When this mixture is cold, beat with an egg beater until too stiff to turn. Add powdered sugar and one-third of bulk in whipped cream.

FRUIT SALAD.

Place in a dish a layer of sliced oranges, a layer of sliced bananas, sugar, a layer of grated pineapple, and repeat this; then pour over the whole a thin lemon jelly.

MACEDOINE.

Put the preceding in a form with less fruit and a thicker jelly. Use one-third of a box of gelatine, cup of sugar and one-half cup of water, let sugar and water boil ten minutes; add dissolved gelatine, juice of two lemons and six oranges. Let come to a boil and pour over fruit in the mold.

NESSELRODE PUDDING.

One quart milk, yolks of eight eggs, salt, one cup candied fruit (cherries and pineapple), one cup of figs, one pint of Italian chestnuts, one cup of cream, caramel flavoring.

Put the milk over the fire to boil: then pour it over the lightly beaten eggs; return to the boiler and cook until it coats the spoon. The fruit is improved by soaking in some sweet wine two or three hours. Chop the figs and cook them in a syrup made of one-half cup sugar and one cup water. The chestnuts must be boiled and put through a vegetable strainer. This whole mixture is then frozen.

ORANGE BASKET.

Cut through the rind and pulp of an orange lengthwise of the layers, leaving a narrow strip through the middle, forming the handle of the basket. Remove the layers of orange, which can be broken up and returned to the basket or it can be filled with a marmalade.

FRUIT FRITTERS WITH ORANGE SAUCE.

Yolk of one egg, two tablespoonfuls flour, one tablespoonful water, salt and beaten white last. Serve with Orange Sauce.

BLANC MANGE.

Heat one pint of milk to boiling point; add two

tablespoonfuls sugar, two tablespoonfuls cornstarch and one egg thoroughly mixed; let cook until it thickens; pour into a mould previously wet. Serve with a tart jelly.

OMELET SOUFFLE.

Whites of five eggs, and yolks of three eggs; beat whites and yolks separately, adding the juice and grated rind of an orange, a teaspoonful cornstarch and salt mixed, before beating; then add one tablespoonful of sugar.

Time to bake, eight to ten minutes in a gas stove or sixteen minutes in a range: must be baked and served *immediately* or the pudding will collapse. Can be baked in one tin or in fancy individual cups. No sauce.

STEAMED FRUIT PUDDING.

One pint of flour scant, one teaspoonful Royal Baking Powder, one-half teaspoonful salt, one tablespoonful of butter or lard and one-half glass of milk. To the flour, add powder, salt and lard or butter; add milk, stirring with a spoon. Mix it moist and as quickly as possible. Do not allow the making of the pudding to occupy more than one minute. Put a layer of dough in the bottom of the steamer, on that a layer of fruit, more dough, then more fruit. Steam one-half hour or less.

This pudding can be put in a tin basin and placed in the steamer. Any small tin vessel can

be used. Strawberries, Raspberries, Blackberries, Huckleberries, Cherries or Peaches used as the fruit in this pudding make a delicious dessert served with Hard Sauce. Sufficient for four dishes.

WAFFLES.

Scant pint of flour, heaping teaspoonful baking powder, tablespoonful melted butter, three eggs whites and yolks beaten separately, one pint milk. Mix the powder through the flour, add milk, egg yolks, butter and the whites last. Do not thoroughly mix the whites through the batter. Bake in waffle irons or can bake like griddle cakes.

Served with syrup or cream and sugar.

KARTAUER KLOSE.

Cut baker's bread in thick slices; remove the crusts; cut in any shape, squares or triangles. Beat an egg; add one cup milk, salt, tablespoonful sugar, nutmeg to flavor. Soak the pieces of bread in this mixture until it is used up. The bread must be moistened through but not enough to make the pieces break. Roll each piece in egg and bread crumbs and fry in boiling fat. The bread should be prepared two or three hours before rolling in egg and bread crumbs. Served with liquid wine sauce or with powdered cinnamon and sugar.

ANGEL FOOD.

Put pieces of sponge cake or lady-fingers in a

dish the pudding is to be served from. Pour over a very little Sherry wine. Make a custard of one-half pint of milk, one egg, one tablespoonful cornstarch, two tablespoonfuls sugar. Let the milk boil; add sugar, cornstarch and egg mixed thoroughly; let cook until the mixture thickens and pour over the cake. A good way to use up stale cake.

STRAWBERRY SHORT CAKE.

One quart of flour, two teaspoonfuls Royal Baking Powder, one teaspoonful salt, two tablespoonfuls butter or lard and one glass of milk. Reserve a small portion of the flour as the whole may not be needed. Thoroughly mix powder, salt and butter through the remainder; add milk; divide the dough in two parts, roll each into a sheet. Do not use more than one quart of flour, rather less. Place the two sheets in a tin (jelly cake tin) with bits of butter between, to make them separate easily after baking. Have a hot oven and let it bake twenty or twenty-five minutes. Immediately separate the layers; spread the under one with butter and fruit previously cut and sweetened; place on this the other layer crust side down; spread this with butter and berries some of which may be left whole for appearance' sake. If eaten while hot and with cream poured over, this dish will be relished by an epicure. A hot oven, use of as little

flour as possible and expeditiousness are required conditions for success. Preserved pineapple or sliced peaches are equally delicious, used in place of strawberries.

INDIAN PUDDING.

Stir seven tablespoonfuls Indian meal in a quart of boiling milk; add one teaspoonful salt, one of ginger, a cup of chopped suet, one-half of a nutmeg grated, one cup of either sugar or molasses and one egg; or the egg may be omitted.

DAINTY PUDDING, WITH WINE SAUCE.

One cup sugar, two eggs, one-half cup cold water, butter the size of an egg, one and one-half cups of flour and two teaspoonfuls baking powder.

BANANA AND ORANGE DESSERT.

Slice bananas with enough oranges to give a flavor and decided acidity; make a custard of one-half pint milk heated to boiling; add one quarter cup sugar and one tablespoonful cornstarch mixed, salt. Let cook; cool, and pour over the fruit.

TAPIOCA PUDDING.

One quart of milk, three eggs, three tablespoonfuls tapioca, one-half cup (scant) of sugar, one-quarter rind of lemon, salt. Soak the tapioca in cold water over night; in the morning, drain off any water that may remain; boil the tapioca in the milk with the sugar, salt and lemon rind, for fifteen

minutes; remove the rind; add beaten egg yolks; pour into a dish and bake fifteen minutes. Make a meringue, by thoroughly beating the whites of the eggs; add three tablespoonfuls of sugar and spread over the pudding; place in the oven again till of a delicate brown. Sufficient for six dishes.

PRINCESS PUDDING.

One pint of bread crumbs, one quart of milk, one cup of sugar and yolks of three eggs. Bake, and when cool, spread a layer of tart jelly over it; beat the whites of the eggs to a stiff froth; add one scant cup of sugar, spread this over the jelly and brown slightly. Sufficient for eight dishes.

PLUM PUDDING.

One cup suet chopped fine, one cup raisins chopped, one cup currants and citron mixed, one egg, one cup of sweet milk, one-half cup molasses, three and one-half cups of flour, salt and one teaspoonful soda. Steam three hours. The egg can be omitted.

GERMAN PUFFS.

One cup milk, one egg, one cup flour, salt, teaspoonful melted butter. Bake thirty minutes. This quantity will fill five small earthen cups. They should be well greased. The pudding will puff up above the cups. Serve with wine sauce.

RICE PUDDING.

One teacupful of rice, two quarts of milk, seven tablespoonfuls sugar, one teaspoonful salt, butter the size of an egg, a dust of nutmeg. Soak the rice in half the milk two hours, then add the remainder of the milk and other ingredients. Bake two hours or less, only until the rice is creamy. One-half the quantities makes sufficient for five dishes,

BIRD'S NEST PUDDING.

Pare, halve and core a number of tart apples, such as will cook quickly. Cover the bottom of a tin baking dish with apples, having greased it, and pour over the apples a batter made of one egg, one cup of milk, one cup of flour, salt. Serve with butter and sugar.

SNOW PUDDING.

Soak one ounce of Cooper's Gelatine in one-half cup of cold water until dissolved; then pour on one pint of boiling water; add one cup of sugar, the juice and grated rind of one lemon and the juice of one orange. Stir until the gelatine and sugar are all dissolved. Should the gelatine not dissolve perfectly, place the dish in a pan of hot water for a few minutes. Strain this mixture into a large bowl and set in a cold place. When it begins to congeal, beat with an egg-beater until it is white and stiff. Beat the whites of three eggs to a stiff froth and add to the gelatine; mix the whole well to-

gether. Rinse a mould in cold water; pour the pudding into it. Place on ice or in a cold place for a few hours. At serving time, dip the mould in warm water, then wipe dry and turn the pudding on a flat dish; pour a soft custard around, or serve in a pretty pitcher.

Custard for Snow Pudding.

One pint of milk one cup sugar, salt, yolks of three eggs and flavoring.

BAKED SWEET APPLES.

Core the apples but do not pare them; place in a baking dish and add a little water. If the water cooks off, add a little more to prevent burning. Serve with sugar and cream.

PIE CRUST.

Twelve ounces of butter to sixteen ounces flour, one teaspoonful sugar, nearly one cup of ice water. The butter should be thoroughly chilled. Put it in the flour and chop until the pieces are no larger than peas. Add sufficient ice water to make a stiff dough, mixing with a fork. Turn out on a moulding board, (a marble slab is better for it is colder), and with the rolling-pin flatten it; roll it out lengthwise one-half inch thick, and fold. Place the dough in a napkin and lay on the ice if it is soft and oily. If not, roll in the opposite direction and fold. Roll and fold once more, making three

times. Then if the dough is still cold, roll in all directions, cover tin pie plate, prick the crust to allow the air to escape. Put parafine paper over it, and lay on bread crumbs to keep the crust down, bake without the filling. For two crusts; cover the tin and lay in an old napkin, cover with another crust and bake, then remove the upper crust and napkin, fill, and replace the crust. Cook fruit separately. Temperature of the oven should be 335 degrees.

PUFF PASTE.

One-half pound of butter to one-half pound of flour. Dairy butter is better for puff paste because it is more solid. Place the butter between two folds of a napkin and knead with a spoon to make elastic. Take one-eighth of the butter and mix with all the flour using a fork. Into this paste put the beaten white of an egg and sufficient ice water to make a stiff dough. Knead until full of air bubbles. Roll out lengthwise, have plenty of flour underneath and keep it brushed off the top. Put the remainder of the butter on this paste, fold and lay on the ice. Always roll lengthwise. Roll and fold six times, placing on the ice between each roll.

Roll out one-half inch thick; cut out with cookie cutter and with something smaller but of the same shape, press partly through the middle and

bake, after which remove the center and fill with sweetmeats or meat. Enough Pie Crust or Puff Paste can be made at one time for several pies, using as much as is required for one and putting the rest on ice, wrapped to keep it moist. Do not roll up any scraps, but fold.

MINCE MEAT.

Two pounds lean beef boiled and when cold chopped fine, one pound beef suet chopped, five pounds of apples, pared and chopped, three pounds raisins seeded, two pounds of currants, three-quarters of a pound of citron, two tablespoonfuls of ground cinnamon, two tablespoonfuls ground mace, one nutmeg grated, one tablespoonful ground clove, one tablespoonful ground allspice, one tablespoonful salt, two and one-half pounds of sugar and three pints of cider, or two and one-half pints of cider and one-half pint brandy.

STRAWBERRY PIE.

Line a tin pie plate with crust and bake following the directions given in "Pie Crust." When baked fill with strawberries which have been cooked in a syrup made of one-half cup of water and one cup of sugar, adding one teaspoonful arrowroot to a pint of juice for any fruit pie. Serve with whipped cream if desired.

ECCLES PIE.

Cook together figs, prunes and raisins; fill patties with this. The paste may be rolled into sheets and marked into squares before baking, then can be broken or cut out and a spoonful of the mixture dropped on each square.

CHEESE STRAWS.

Roll out paste in a thin sheet and sprinkle heavily with Parmesan or domestic cheese, also a little cayenne; fold and roll again; cut in *very* narrow strips and bake.

CUSTARD PIE.

Four eggs, one quart milk, four tablespoonfuls sugar, salt, flavor with nutmeg or any other flavoring preferred. Avoid baking so long as to make the custard watery.

SQUASH PIE.

Pare, cut in pieces and steam the squash, when cooked put through a vegetable strainer; then for one pie, take one-half pound of squash, one even teaspoonful salt, one egg, one tablespoonful cornstarch, six tablespoonfuls sugar, one-half tablespoonful ginger, or more, according to taste; mix, then add one pint of milk. Sweet Potato squash or the Hubbard is preferable.

LEMON CREAM.

The juice and grated rind of one lemon, one cup

sugar, one tablespoonful cornstarch, one egg, tablespoonful butter, one *large* cup of boiling water or one and one-half cups medium size. Can cook the mixture until thick and put between two crusts previously baked, or put between two crusts and bake together, or make a meringue instead of a top crust.

MOCK MINCE PIE.

Four soda crackers rolled fine, three cups water, one scant cup of vinegar, two cups of either sugar or molasses, one cup raisins, seeded and chopped, one tablespoonful of cloves, one tablespoonful of butter, salt. Put together and boil ten minutes if the crusts are not baked first. Boil one-half hour, if the crusts are baked and filled afterward.

CREOLE COFFEE.

One heaping teaspoonful of pulverized coffee to each after-dinner coffeecup; filter and flavor with caramel.

GLORIOSO COFFEE.

Dip a lump of sugar in brandy; burn off and drop into the coffee.

OLD FASHIONED COFFEE.

One cup of coffee (one-half pint), one egg, one quart of boiling water. Scald the coffee pot; put in the coffee mixed with egg; add water and allow it to boil up three times; removing from the fire

each time, then set back for a short time to settle. Use Java and Mocha.

CARAMEL.

Put one cup of sugar in saute pan, if sugar is very dry add tablespoonful of water; when sugar has become brown, add hot water to perfectly dissolve. Strain and bottle. Can be used to flavor custards, ice cream and "Creole Coffee."

CHOCOLATE.

Grate two ounces of Baker's chocolate; add one-half cup of sugar, one teaspoonful cornstarch and one pint of boiling water; cook ten minutes. When ready to serve add one quart of boiling milk, and can beat with an egg beater to make it foamy.

SALTED ALMONDS.

Remove the shells and blanch by pouring on them boiling water. Let them remain until the water cools a little, then take off the brown coats. Put the blanched almonds on a baking pan; pour over sufficient melted butter to moisten each one; place in the oven until brown; while still moist sprinkle heavily with salt.

SALTED PEANUTS.

If raw peanuts are used, proceed as with almonds. If bought already browned, remove shell and husk; place on pan with butter and put in the oven to heat through. Take out and salt heavily.

X. VEGETABLES.

STEWED MACARONI.

BREAK up the macaroni in any lengths preferred and boil in water until tender. Drain; add butter, salt, pepper and milk to cover, Let simmer fifteen minutes and serve.

BAKED MACARONI.

Put the macaroni in boiling, salted water, and cook until tender; then put alternate layers of grated cheese and macaroni in a baking dish; add a generous piece of butter; cover with milk and bake until the milk is creamy.

STEWED MUSHROOMS.

Make a Cream Sauce; add salt, pepper and cook mushrooms in this five minutes. Add parsley if liked.

CURRIED MUSHROOMS.

Pare and remove stems; melt one tablespoonful butter; cook in this one tablespoonful flour; add four tablespoonfuls cream or milk, one scant half teaspoonful of curry, salt, pepper, and stew the mushrooms in this about five minutes. Serve on toast.

TO PREPARE MUSHROOMS FOR ROAST BEEF.

Remove beef from the baking pan and into it put one small onion, chopped fine; cook in this fat one tablespoonful flour or more according to quantity of fat; add one pint of water, a can of mushrooms and after taking from the fire add one teaspoonful Worcestershire Sauce. Pour around meat on dish.

ASPARAGUS.

Leave a part of the stalk beneath the green heads; cook in boiling salted water until tender. Have ready slices of toasted bread, on which lay the asparagus after it is cooked and pour over all a Cream Sauce; or, if a sour sauce is preferred, use Hollandaise Sauce.

KOHL RABI.

Pare and cut in dice; cook in boiling, salted water until tender, perhaps half an hour, pour off the water and cover with a Cream Sauce.

ESCALLOPED ONIONS.

Cook the onions until tender in boiling, salted water; drain and place in an earthen baking dish, alternate layers of onions and bread crumbs, with salt, pepper and butter on each layer of onions. Do this until the dish is full, then cover with milk and bake until of a good brown color.

TO COOK EGG PLANT.

Cut in slices not very thick; pare, sprinkle salt on each slice; put under a press with a plate between, for half an hour before cooking. When ready to use, dip each slice in beaten egg and then in bread crumbs. Cook until well browned on each side and the inner part is tender. Remove to dish which has been heated but do not place one slice over another, for that will destroy the crispness.

STEWED CARROT.

Pare, wash and cut in slices less than one quarter inch thick. Cook in boiling, salted water until tender. Pour off the water, and pour over the carrots a rich Cream Sauce, the quantity to correspond with the quantity of carrots and made in the proportion of one-half tablespoonful of butter to one tablespoonful flour. Melt the butter; add flour, let cook, then thin with cream or milk.

SALSIFY.

Scrape and cut in small pieces; cook in boiling salted water until tender; drain off the water and add milk to cover, salt, pepper, butter and a little flour wet with water.

PEAS.

Shell, and to them add just enough water to keep from sticking. Most peas will cook in one-

half hour. Add butter, salt and pepper.

STRING BEANS.

Remove a bit from each end of the bean; wash; then break in pieces. Put some butter or slice of salt bacon in the bottom of the kettle; let the bacon try out, then add beans with a cup of hot water. Let cook gently two or three hours closely covered. Add salt and pepper, not as much salt if bacon is used.

PARSNIPS.

Pare or scrape and cut in rings; boil until tender then brown each slice, using half butter and half lard. Serve.

Parsnips can be boiled and mashed, adding salt and a piece of butter and served, or, the mashed parsnips can be made into croquettes with the addition of an egg and cooked in boiling fat. The croquettes must of course be dipped in egg and bread crumbs before frying.

SPINACH.

Thoroughly wash the spinach in several waters. Cook in boiling, salted water until it can easily be cut with a knife, leaving the kettle uncovered. When tender, place in colander to drain then chop fine. Make a Cream Sauce and heat the spinach in this; then serve in one dish or in separate dishes having on a small piece of toasted bread un-

der the little mound of spinach.

LIMA BEANS.

shell and wash; place in enough boiling, salted water to keep from sticking. Add a generous piece of butter, pepper and let cook until tender. An hour will thoroughly cook them.

CAULIFLOWER.

Break or cut off the little branches of cauliflower and put in boiling, salted water; cook until tender and serve with a cream sauce.

SUCCOTASH.

Have one-third more corn than lima beans. Add boiling water to half cover. Stew together gently for one-half hour. Add nearly one cup of milk, a generous piece of butter, and cook gently one hour. If the liquid is then too thin, add one teaspoonful flour wet with water; salt and pepper; boil up once and serve.

BAKED TOMATOES, OR TOMATO SCALLOP.

Pack in an earthen baking dish alternate layers of tomatoes, with pepper, salt, bits of butter, and bread crumbs, making the last a layer of bread crumbs. Will bake in less than an hour.

STEWED TOMATOES.

Pare and cut up; stew one hour and thicken with flour wet with cold water, or bits of stale

bread, or with toasted bread. Add salt, pepper and butter.

BROWNED TOMATOES, EITHER RIPE OR GREEN.

Slice tomatoes without paring, dip in beaten egg and bread crumbs; cook until brown on both sides. The same care must be taken with these as with egg plant to preserve crispness.

XI. MISCELLANEOUS—CONCLUSION.

TO CAN TOMATOES.

PARE and cut up as for stewing; place in a granite or porcelain kettle, adding salt, and cook twenty minutes. Immediately *fill* the glass fruit cans and close them up. Tomatoes should be canned in August, and no imperfect ones should be used. The cans should be wrapped in brown paper to entirely exclude the light or kept in a *dark* closet which should be cool and dry. By a careful observance of these instructions, tomatoes will not spoil, and excel any put up in tin cans.

TO COOK SAUSAGE.

If the sausage is not in links, make it in small flat cakes; place in a saute pan and nearly half cover with boiling water and let boil off, having turned each cake in the meantime, then lightly brown each piece in the fat that is left in the pan. By

cooking the sausage in this way, the meat is cooked through without drying, and the whole process consumes no more time than if the water were not used.

TO ROAST PARTRIDGE.

After the partridge is picked, singed, drawn, the inside scalded and dried, rub the bird over with salt then with flour. Commencing at the neck, wind a strip of old muslin, about three inches wide, about the entire body and fasten the end. Rub the surface of the cloth with butter and put into a *hot* oven. In fifteen minutes add a very little hot water. At the end of an hour or a little less the bird will be tender, juicy and brown.

A very hot oven is required when any meat is to be roasted. The object being to harden the outside immediately to prevent the escape of the juice. After this the temperature can be reduced. No water should be put in the pan at first, not until the meat has cooked fifteen or twenty minutes. Adding water will so moisten the hot air that the temperature may not be reduced.

TO POT PIGEONS.

For four or five pigeons, put into the kettle a piece of butter the size of an egg; cook in this one-half of a medium sized onion, then having each pigeon cut in half, flour each piece and lay in the

hot butter; let brown a little and nearly cover with boiling water; let simmer long and slowly; one-half hour before serving add salt and pepper, and a little wine if liked, but it is better without. When cooked remove the pigeons from the gravy and thicken with flour if it is needed, though the gravy may be thick enough. Serve on toast with the gravy poured over.

TO FRICASSEE CHICKEN.

Have the chicken cut in pieces; place in an iron saute pan (or frying pan) two slices, about four inches long, of salt bacon. Allow this to fry out and become very hot; then, having floured each piece of chicken, lay all in the hot fat to brown. As soon as browned a little on each side, half fill the pan with hot water and cover closely; place where it will simmer until cooked tender. A short time before serving, add pepper, and salt if needed, the bacon may have added sufficient salt. After removing the chicken, add a little flour if it is very greasy; let cook; then thin with hot water, when you will have a rich fricassee and not an insipid one, as so many are apt to be. If the flavor of onion is liked, a little can be cooked in the hot fat, before the chicken is added.

FRENCH TONGUE.

Trim a fresh beef tongue; do not leave too much of the root. Cover with boiling water; add four

cloves, one-quarter teaspoonful ginger, a bit of garlic the size of a peppercorn. Boil until the tongue can be skinned; strain the stock and return the tongue, letting it simmer till very tender and there is about one pint of stock. Thicken this with browned flour, and ten minutes before serving add a wine-glass of sherry or port wine; season with salt and pepper. Serve the tongue garnished with sliced lemon and the sauce separately, or poured over the tongue.

TERRAPINED CHICKEN.

Cut up cold, roasted or boiled chicken as for salad. Melt one tablespoonful of butter; cook in this one tablespoonful flour; thin with cream or milk; add a wine glass of sherry, when the sauce should be of the consistency of cream; add salt if necessary, white pepper; stir in the chicken and serve hot.

TO PRESERVE CITRON.

Cut in slices; pare; cut in diamonds, squares or any preferred shape. Put in a kettle; add a dessert-spoonful of alum (not powdered); cover with peach leaves, then with boiling water. When the citron just comes to a boil, remove and throw away the water. Take out the seeds; then to six pounds of fruit add five pounds of sugar, no water, two ounces of green ginger and two lemons, sliced. Add the lemons one-half hour before the cooking is com-

plete. The syrup is ropy when cooked sufficiently.

SOME FACTS TO BE REMEMBERED.

To make tea or coffee do not use water which has stood in the kettle and been boiled repeatedly, but use fresh water and just as it comes to the boiling point. Always scald the coffee or tea pot before using.

Always put oatmeal into boiling water to cook.

Always put vegetables in boiling salted water to cook.

Corned beef or other salted meat should be put in cold water and fresh meat in boiling water, then let simmer. Hard boiling toughens meat.

Wooden spoons should be used in cooking and dessert making.

For a simple table decoration, in the absence of flowers, arrange the bleached feathery tops of celery stalks with green leaves. Dark green ivy leaves or geranium are preferable.

Arrange oranges on a pretty dish and place rich dark green ivy leaves around and between them. The yellow color of the fruit will make a pleasing contrast with the green of the leaves.

THE END.

INDEX.

I. SOUP.

P

Another way to make Beef Tea	7	Macaroni Soup	5
Beef Tea	6	Mutton Soup	4
Black Bean Soup	4	Mushroom Force Meat Balls	6
Bisque of Cod	5	Marrow Balls	5
Clam Soup	3	Ox-Tail Soup	5
Celery Soup	3	Puree of Peas	4
Cream of Beet Soup	3	Stock	1
Cream Soup	3	To Clarify Soup	2
Clear Amber Soup	2	Tomato Bisque	6
Consomme Royale	2	Vermicelli Soup	5
Croutons	6	Vegetable Soup	4
Consomme Royale Custard	2		

II FISH.

Fish au Court Bouillon	8	Stewed Mussels	8
Shad Roes	8	To Cook Halibut, Cod or Salmon	7

III. SAUCES.

Brown Sauce	10	Liquid Sauce	11
Bread Sauce	11	Mushroom Sauce	10
Cranberry Sauce	11	Maitre d'Hotel Sauce	10
Capre Sauce	11	Mustard Sauce	11
Cream Sauce	9	Orange Sauce	12
Egg Sauce	9	Tomato Sauce	10
Hollandaise Sauce (1)	9	Tartar Sauce	10
Hollandaise Sauce (2)	9	Tartare Sauce	10
Hard Sauce	12		

IV. SALAD DRESSINGS.

Cream Mayonnaise	13	Oil Mayonnaise	12
French Dressing	12	Salad Dressing Stock	12

V. SALADS.

A delicious Salad	16	Cabbage Salad	14
Cheese Salad	16	Devonshire Salad	14
Chicken Salad	15	Lettuce Salad	13

Lobster Salad	16	Strawberry Salad	14
Oyster Salad	15	Sweetbread and Cucumber Salad	15
Orange Salad	14	Shrimp Salad	15
Potato Salad	13	Tomato Salad	13
Russian Salad	14		

VI. ENTREES, LUNCHEON AND TEA DISHES.

Brown Sauce for Breaded Chops	19	German Potato Stew	27
Breaded Chops	19	Hamburg Steak	23
Bread Patties	20	Julienne Potatoes	27
Boned Chicken	22	Jellied Veal or Chicken	21
Browned Sweetbread	23	Lyonnaise Potatoes	27
Baked Calf's Heart	23	Lobster Croquettes	24
Baked Sweetbread	24	Lamb's Tongue in Aspic Jelly	22
Beef Kidney Hash	25	Mutton Chops a la Maintenon	19
Boston Baked Beans	30	Macaroni Croquettes	25
Chicken Croquettes	17	Maitre d' Hotel Potatoes	27
Codfish Balls	18	Omelet	24
Cream Toast	21	Potato Souffle'	27
Clam Fritters	24	Potato Croquettes	26
Clam Chowder	29	Ragout of Mutton or Veal	31
Creamed Oysters	31	Rice Croquettes	26
Casserole of Meat	18	Stewed Lamb Chops with Peas	20
Deviled Lobster	18	Stewed Rabbit	29
Deviled Eggs	23	Salmon Croquettes	25
Escalloped Clams	18	To Broil Steak	28
Escalloped Salmon	29	Turkey Scallop	24
Escalloped Oysters	31	Vol-au-vent of Chicken	20
Gooloash	29		

VII. BREAD.

Boston Brown Bread	34	Muffins	35
Coffee Rolls	33	Rice Cakes	35
Corn Bread	33	Sour Milk Muffins	35
Entire Wheat Bread	34	Tea Biscuit	33
Graham Cakes	34	Wheat Bread	32
Green Corn Cakes	35	Whigs (are like rusk)	34

VIII. CAKE.

Apple Filling	39	Nut Cake	39
Crullers	37	Orange Filling	39
Chocolate Cake, Caramel Filling	37	Porcupine Cake	36
Chocolate Cake	38	Snow Balls	40
Cream Cake	38	Sponge Cake (1)	36
Cocoanut Jumbles	40	Sponge Cake (2)	41
Fruit Cake	40	Sugar Jumbles	37
Ginger Snaps	39	White Fruit Cake	40
Molasses Cake	39		

IX. DESSERTS.

INDEX		DESCRIPTOR	
Angel Food	46	Mince Meat	53
Baked Sweet Apples	51	Nesselrode Pudding	44
Bavarian Cream	43	Orange Ice	41
Blanc Mange	44	Orange Baskets	44
Banana and Orange Dessert	48	Omelet Souffle'	45
Bird's Nest Pudding	50	Old Fashioned Coffee	55
Cheese au Gratin	42	Pie Crust	51
Coffee Mousse	42	Puff Paste	52
Cheese Straws	54	Plum Pudding	49
Custard Pie	54	Rice Pudding	50
Cicote Coffee	55	Pineapple Sherbet	43
Caramel	56	Princess Pudding	49
Chocolate	56	Strawberry Mousse	42
Dainty Pudding	48	Steamed Fruit Pudding	45
Eccles Pie	54	Strawberry Short Cake	47
Fruit Fritters	44	Strawberry Pie	53
Fruit Salad	42	Snow Pudding	50
Glorioso Coffee	55	Squash Pie	54
German Puffs	49	Salted Almonds	56
Indian Pudding	48	Salted Peanuts	56
Kartausen Klose	46	Tapioca Pudding	48
Lemon Cream Pie	54	To Make Orange or Lemon Zest	42
Macedoine	43	Waffles	46
Mock Mince Pie	55		

X. VEGETABLES.

Asparagus	58	Stewed Tomatoes	61
Baked Macaroni	57	Succotash	61
Baked Tomatoes	61	Spinach	60
Browned Tomatoes	62	String-beans	60
Cauliflower	61	Salsify	59
Curried Mushrooms	57	Stewed Carrots	59
Escalloped Onions	58	Stewed Mushrooms	57
Kohl Rabi	58	Stewed Macaroni	57
Lima Beans	61	To Prepare Mushrooms for Beef	58
Peas	59	To Cook Egg-plant	59
Parsnips	60		

XI. MISCELLANEOUS—CONCLUSION.

To Can Tomatoes	62	Terrapined Chicken	65
To Cook Sausage	62	To Preserve Citron	65
To Roast Partridge	63	To Pot Pigeons	63
To Fricassee Chicken	64	Some Facts to be Remembered	66
French Tongue	64		



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